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Bulletin

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GUY P. JONES
EDITOR

Milk Can Sterilization.

With the advent of hot weather the sterilization of milk cans is of the utmost importance from the bacteriologic and economic standpoints. This applies especially to the cans which are returned supposedly in a clean, sanitary condition to be refilled by the producer. Unless sterilized on the farm, cans which have not been treated in a thorough manner by the dealer will probably be the cause of his receiving very poor if not extremely undesirable milk in the next shipment. Even when cans are washed and rinsed soon after being emptied, but are not sterilized, they will usually contain at least several million bacteria, especially if a number of utensils are washed and rinsed in the same water. In warm weather, these millions will be increased to billions in 24 or 48 hours, for in such cans plenty of moisture and food material for bacterial growth are usually present.

Some experiments have been recently conducted by the Dairy Division of the U. S. Department of Agriculture. Milk cans were washed and rinsed and bacteria counts were made on them both before and after sterilization and on similar cans which were held for 24 and 48 hours. The lids were left on the cans and they were held in much the same manner as if they had been returned to the producer from a milk

plant. In making the counts on the cans they were rinsed with 400 cubic centimeters, or about one pint, of sterilized water and only the bacteria found by the first rinsing are represented in the figures given here; therefore, the counts do not show all of the bacteria in the cans, but indicate their general condition. The work performed with four 10-gallon cans is taken as an example of what was found in cans which were unsterilized and those which were steamed for 25 minutes in a concrete sterilizer and dried. These examples are typical of the general results obtained in the investigations.

In the first rinsing of one unsterilized can soon after washing 47,000,000 bacteria were found, while the count for a similar can immediately after sterilization was 3,600. Another similar unsterilized can which was held 24 hours yielded 16,000,000,000 bacteria at the first rinsing, while in the fourth can, which had been sterilized and dried, only 16,800 bacteria were obtained by the first rinsing after 24 hours. The unsterilized can which had been held 24 hours, would have contaminated milk placed in it with over 400,000 bacteria per cubic centimeter, as compared with probably not more than one organism per cubic centimeter in the corresponding sterilized can. These counts, although not meant to be taken as a standard in any sense of the word, do indicate that thorough sterilization of milk cans is a most important factor, especially in warm weather.—U. S. Department of Agriculture.

Preventive Medicine Has Large Place in Living.

Sir George Newman, medical officer of health of Great Britain, is a strong advocate of a policy that would make the practice of medicine an integral factor in the social life of all people. He expressed this opinion recently in the following words: "No medical man who is in a right sense a man of the world can have failed to ponder on the near relationship which obtains between the practice of medicine and the social life of the people. It has often been said that our patients are not cases but men, women and children, each with a separate personality, environment, heredity, and variation, with individual habits, training, temperament and psychology. We can not be wise healers of the patient of the community without a large sympathy and a liberal humanism. We are the witnesses of a strange and rapid transition in the life of the people as a whole, an enlarging franchise and new social complexes; higher wages, shorter hours of work, increased leisure, high prices and democratic aspirations are not remote from the national health and well-being. The doctor must be the missionary of hygiene, the chief educator of the people in ways of health. In being that he can not escape his share of responsibility in the study and handling of many of the medical sociological questions which surround us—education, sobriety, cleanness of living, the prevalence of venereal disease, prostitution, the penal laws, the causes of certain crimes, the integrity of family life—all such questions concern us and to fulfill our vows we must be concerned with them. The cultivation of international science, cooperation and amity should also, I think, be added. It is essential that we should remember that whilst these issues belong to the warp and woof of medical polity, the decisive factor is not medical and movements in favor of their determination on medical ground are only doomed to failure."

Paresis (or general paralysis) and locomotor ataxia, diseases due to syphilis of the nervous system, have resisted treatment with drugs that kill the germs of syphilis in other organs of the body. In 1915 two American chemists described a new form of a drug, arsenic, that has been found to cure syphilis in animals. During the past three years physicians at the University of Wisconsin have treated cases of paresis with this new arsenical, tryparsamide, and have secured some striking results. "While tryparsamide can not be called a cure for general paralysis and locomotor ataxia, the effects as reported by the Wisconsin investigators, appear to be more striking than any heretofore reported."

Vacation Time Notes.

For those who have no definite disease, and are just "run down," no special vacation routine is required in order that they may return to their duties with a great measure of increased mental and physical strength. Rest in the open air is what will do them the most good, and as the program of most vacations in the summer provides a large amount of this, even those who do not deliberately seek it will inevitably benefit.

Of course, in order that one may not accidentally contract an infectious disease while out of town, the ordinary precautions must be taken.

Find out whether typhoid fever is prevalent in the neighborhood selected for your vacation, and if you can not be certain that it is not, have yourself immunized against the disease before leaving the city, by your physician, who, upon request, will give you the three doses of typhoid vaccine required to give you an immunity that will last for at least two and, possibly, for many, years. Of course, everyone should be revaccinated against smallpox, if this has not been done within ten years.

For your comfort and protection against other diseases do not go where mosquitoes abound and where the house arrangements permit access of these insects. Neither should one patronize places where flies are allowed access to the food, either in the kitchen or the dining room, for the food over which these nasty insects have crawled is much more dangerous than the boarding-house huckleberry pie, jocosely alluded to as containing "first a berry, then a fly," since it is the germs carried on the fly's feet that are the real menace. Look out for "bed-bug palaces," since, besides the annoyance caused, such insects may inoculate one with disease.

Don't eat any food that is under suspicion of being spoiled, either from its history, or the evidence of your sight, smell or taste, since serious digestive disturbances, including "summer complaint," may result.

By all means see that your drinking water comes from a safe source—not from a well or cistern into which sewage may drain.

Before you go to the country your teeth should be put in good condition.

If showing any evidence of any illness whatever (including eyestrain), you should go to the family physician, or other medical authority, for advice.—School Health News.

Child Dies From Bite by Rabid Dog.

A child in Oakland, who was bitten by a dog April 4th, while living in Los Angeles county, died of rabies, June 26th, in the Alameda County Hospital. The child was bitten on the forefinger and six days later was given the Pasteur treatment upon the receipt of a report of positive findings for rabies in the dog. The wound was not cauterized with nitric acid. Treatment was completed without intermission. On June 5th a dog which had been kept in confinement for a period of 40 days was released and on the same day bit this child upon the same forefinger which had been bitten previously by the rabid dog. The child with his family left for Oakland June 16th where he remained until his death. He was well until June 25th when he showed typical symptoms of rabies which became increasingly aggravating until the time of his death the following day. Less than one per cent of individuals who have received the Pasteur treatment die of rabies. It is not believed that the bite of the second dog is associated in any way with this case. Apparently, this patient came within the exceedingly small class of individuals in whom immunity is not produced through the Pasteur treatment.



Too often, because medical officers of health desire to secure prevention, they are stated to be in favor of the nationalization of the medical profession, but nationalization will not secure prevention any more than panel practice will lessen avoidable sickness. Better training and better understanding will mean better results for the medical officer of health and the state want the help of the general medical practitioner in the direction of the practice of preventive medicine. We realize that for years to come the main function of the general practitioner will be the treatment of disease, but we are confident that when the new medical curriculum gets into full working order, the medical man, during his course of training, will be animated with the spirit of prevention which we hope, in the language of Sir George Newman, will remain with him "as a pervading influence, an attitude of mind, permeating and guiding all clinical study and practice," and so, leading directly to the promotion of national health.—Medical Officer.



BUILDING SOUND BONES.

Sunlight and nourishing food mean a sturdy youngster, almost too active for the mother's peace of mind; the lack of them means a round bellied little child waddling on bowed, skinny legs. It isn't always the child of the wealthy who is sturdy, however, for although his parents can afford sunlight, they also afford food too rich for his little digestive system and entertainment too frequent and too exciting for his little nervous system."—Hygeia.

Leprosy Amenable to Treatment.

Leprosy is in a measure amenable to treatment, says the U. S. Public Health Service. During the last ten years (1912-21) a considerable percentage of the lepers segregated at the Kalihi Hospital, near Honolulu, and on Molokai Island have been paroled; that is, they have been released as being "not a menace to the public health," but have been required to report for examination at certain intervals which vary with the individual case. Of those paroled about 13 per cent have relapsed and have returned to segregation; but about one-fourth of these were later paroled for the second time. In all, 242 lepers were paroled; 31 relapsed and seven of these were later paroled. Ten were completely released from parole.

The chance of arresting the disease decreased with the length of time that it had been allowed to go without treatment unless this period was seven years or more. Apparently patients who survive without treatment for seven years possess powers of resistance that slightly increase their chances for marked improvement under treatment.

Those who desire it are treated with chaulmoogra oil and its derivatives.

The parole system was begun in 1912 and has worked admirably. Those paroled appear to have told their friends that the conditions existing at the hospital were good; and the mere fact that they had been released has shown that segregation might lead to cure and not to lifelong confinement, as it almost invariably did previous to 1912. As a consequence many lepers, instead of concealing the disease up to the last possible moment (and thereby spreading it through the community) are now surrendering of their own accord and taking treatment. This earlier surrender and earlier treatment hasten the degree of improvement that will secure parole and will later, perhaps, complete release. About 70 per cent of these who have been paroled were in segregation for less than two years.



In the last fifty years, the science of medicine has advanced more than in the previous fifty centuries. But the average man or woman is still willing to tell you an infallible remedy for a cough or the rheumatism.—Hygeia.

MORBIDITY.***Diphtheria.**

134 cases of diphtheria have been reported, as follows: Oakland 8, Los Angeles 58, San Joaquin County 6, Los Angeles County 11, San Francisco 22, Alameda 3, Pasadena 1, Sacramento 1, Santa Clara 1, Merced County 2, Kern County 4, South Pasadena 1, San Bernardino County 1, Bakersfield 3, Sonora 2, Fresno County 2, Huntington Park 1, Berkeley 3, Richmond 3, Mill Valley 1.

Measles.

501 cases of measles have been reported, as follows: Oakland 20, Chico 5, Santa Clara County 15, Palo Alto 17, Berkeley 15, Long Beach 12, Alhambra 11, Pasadena 7, Los Angeles County 15, San Leandro 8, Alameda 16, Sacramento 34, Willits 6, Tracy 5, San Joaquin County 5, Lodi 5, Calistoga 5, Gilroy 29, Alameda County 2, Redwood City 4, Orange County 2, Mill Valley 4, Sausalito 2, Red Bluff 2, Healdsburg 3, Burbank 3, Carmel 1, Monterey 2, Los Angeles 71, San Francisco 122, Santa Cruz County 4, Monterey County 1, Monrovia 1, Hawthorne 2, El Segundo 3, Santa Monica 1, San Luis Obispo County 2, Butte County 5, Lompoc 4, Benicia 4, Tuolumne County 3, Fresno County 1, Contra Costa County 1, Merced County 3, Stockton 3, Vacaville 1, Manteca 3, Tulare County 1, Santa Ana 1, Sacramento County 3, Richmond 2, Fullerton 1, Huntington Park 1, Pacific Grove 2.

Scarlet Fever.

74 cases of scarlet fever have been reported, as follows: Los Angeles 27, Oakland 4, San Francisco 6, Pasadena 4, Sacramento 1, Stockton 1, Marin County 1, Burbank 2, Ventura County 1, Alameda 3, Long Beach 4, Monrovia 2, Los Angeles County 2, San Diego County 1, Chula Vista 1, Patterson 1, Fresno 1, Chico 2, Santa Ana 1, Berkeley 2, Riverside 1, Richmond 1, San Bernardino County 2, San Jacinto 3.

Whooping Cough.

52 cases of whooping cough have been reported, as follows: Los Angeles 12, Long Beach 7, Pasadena 7, San Francisco 8, Alameda 1, Whittier 1, Los Angeles County 1, Mill Valley 1, San Joaquin County 1, Lodi 3, Stockton 2, South Pasadena 1, San Luis Obispo County 2, Orange County 2, Riverside 1, Oakland 2.

Smallpox.

11 cases of smallpox have been reported, as follows: Los Angeles 5, Sacramento 1, Chino 3, Visalia 1, Tulare County 1.

Typhoid Fever.

18 cases of typhoid fever have been reported, as follows: Alhambra 1, Los Angeles County 2, Los Angeles 3, Rialto 1, San Leandro 1, San Francisco 1, San Joaquin County 1, Stockton 1, Red Bluff 1, Healdsburg 1, Colusa 1, Contra Costa County 1, San Bernardino County 1, Imperial County 1, California 1.

Cerebrospinal Meningitis.

Four cases of epidemic cerebrospinal meningitis have been reported, as follows: Alameda 1, Bakersfield 1, San Francisco 1, Los Angeles 1.

Poliomyelitis.

Two cases of poliomyelitis have been reported, one from Contra Costa County and 1 from Los Angeles.

Leprosy.

Sacramento reported one case of leprosy.

Epidemic Encephalitis.

Los Angeles reported 1 case of epidemic encephalitis.

Rabies (Human).

Los Angeles County reported one case of human rabies.

*From reports received on July 2d and 3d for week ending June 30th.

COMMUNICABLE DISEASE REPORTS.

Disease	1923				1922			
	Week ending			Reports for week ending June 30 received by July 3	Week ending			Reports for week ending July 11 received by July 4
	June 9	June 16	June 23		June 10	June 17	June 24	
Anthrax.....	0	0	0	0	0	0	0	0
Cerebrospinal Meningitis.....	2	4	1	4	1	3	3	0
Chickenpox.....	218	187	128	73	169	147	133	79
Diphtheria.....	124	174	132	134	162	140	142	146
Dysentery (Bacillary).....	5	5	0	0	11	14	3	1
Epidemic Encephalitis.....	2	2	6	1	2	2	1	3
Gonorrhoea.....	85	137	124	78	114	71	79	55
Influenza.....	20	15	22	4	13	6	3	6
Leprosy.....	2	1	0	1	0	0	0	1
Malaria.....	2	2	1	3	2	1	3	1
Measles.....	1138	1139	831	501	50	25	49	19
Mumps.....	32	25	14	12	50	56	60	15
Pneumonia.....	79	83	39	36	70	55	56	47
Poliomyelitis.....	0	2	1	2	0	2	1	4
Rabies.....	0	0	1	1	0	0	0	0
Scarlet Fever.....	155	146	134	74	91	90	90	59
Smallpox.....	32	27	22	11	60	62	26	21
Syphilis.....	67	156	126	100	119	72	97	66
Tuberculosis.....	172	158	131	144	146	142	226	119
Typhoid Fever.....	25	13	16	18	29	26	23	12
Whooping Cough.....	148	165	80	52	99	115	117	84
Totals.....	2306	2241	1809	1249	1188	1029	1112	739